



November 2003

We've got a new address

For the last couple of months we've been trying to obtain an address that won't change as our members transfer. We were able to obtain a PO Box at the post office in Aiea. This should be a permanent address:

CGSA
PO Box 571
Aiea, HI 96701-0571

Remember, it's never too late to join CGSA! Your information will be included in the next newsletter to be added to the 2003-2004 directory by members. You will receive a copy of the directory upon joining.

Aloha Edna and Maureen

We bid a heartfelt Aloha this month to two of our members: Edna Magpantay-Monroe and Maureen Shivery.

Edna will be joining her husband Mike in Petaluma, California. Edna has been a force for our Spouse's group. She has been President, head of Scholarship and instrumental in getting our cookbook out. In fact, there are few jobs Edna hasn't done for CGSA. Her enthusiasm and high spirits will be greatly missed.

Maureen, husband Chris and children Stephen, Jillian and James will be relocating to Sacramento, California. Maureen has also been a very active member of CGSA. She has been chairperson for the Easter Egg Hunt, Fisher House and Fall Fest. Even with three young children, Maureen was always available for help and ideas whenever we called upon her.

We will miss both of these women and we wish them well in their new homes. Aloha.
Rachel

Chronic Fatigue Syndrome

Edna Magpantay-Monroe is a Licensed Registered Nurse (RN) and licensed Licensed Advanced Practice Registered Nurse (APRN) for the state of Hawaii. She received her undergraduate degree in nursing from University of Illinois at Chicago and graduate degree in primary care adult nurse practitioner from University of Maryland at Baltimore. Edna has been a nurse for 16 years with extensive experience in both medical and psychiatric nursing. She is currently the Director of Access (Suicide and Crisis hotline) and Assessment for the Department of Health Adult Mental Health Division and an adjunct faculty for Hawaii Pacific University.

Do you get tired and after a few good nights of sleep, you feel better? Sure, all of us get tired. Sometimes we even feel depressed. The mystery of chronic fatigue syndrome is not like the normal ups and downs we experience everyday. No one is sure what causes CFS. Researchers are continuing to look for the causes.

The following symptoms of CFS either stay or come and go frequently for more than six months. They are: headache, tender or painful lymph nodes in neck or armpits, sore throat, fatigue and muscle weakness, unexplained muscle and joint aches, inability to concentrate, and trouble sleeping.

For most people CFS begins after experiencing bronchitis or an intestinal bug. Some people say that their illness started during a period of stressful events. In others, CFS develops slowly with no event or illness that they can recall was the starting point.

Keep in mind that chronic fatigue is different from Chronic Fatigue Syndrome (CFS). According to the National Institute of Arthritis and Musculoskeletal and Skin Disease chronic fatigue is a symptom of many diseases such as rheumatoid arthritis, fibromyalgia and lupus. CFS is the medical name for a condition of extreme and persistent fatigue.

It is important that people make sure that there is no underlying medical cause of their symptoms. People that have CFS manage their illness by making sure that they keep a diary to identify the times when they have the most energy and plan their activities for those times. They also keep up some level of activity and exercise within their limits. It is also important that they recognize feelings such as anger, frustration or sadness. Lastly, it is important to seek support of family, friends and support groups.

The following websites can provide additional information:

National Chronic Fatigue Syndrome and Fibromyalgia Association
www.ncfsfa.org

National Institute of Allergy and Infectious Diseases
www.niaid.nih.gov/factsheets/cfs.htm

National Center for Infectious Diseases
www.cdc.gov/ncidod/diseases/cfs/treat.htm

Free Parenting Class Offered

Parenting classes designed for parents with children aged 1-4 years are being offered at Red Hill Community Center from 6:30—8:30 PM. The classes will be held during three sessions beginning November 4 and continuing, November 5 and November 12. The class includes a free parenting handbook and Tips on How to be a Better Parent.

Call the Work-Life Center @ 541-1584 to register, or speak to Mary Mansfield, Family Resource Specialist for more information.

This class has been held in the past and has received very positive reviews from those who have benefited by attending. Don't miss out on this program.

Caeleigh's Corner

Here are a few tips I've learned along the way. I hope they help you too!

Add an egg white to your smoothie/shake for extra protein—0 Points!

Use Yolkless noodles for pasta dishes for twice the portions—half the points!

Spray butter flavor Pam on Healthy Pop popcorn for lots of flavor and only 2 points for the whole bag!

2 slices of Loves Golden Wheat Bread—1 point!

1 Hershey Kiss—1 point (TREAT YOURSELF)

Thought for the month: MORE activity=MORE points

AYSO Registration

Soccer is starting up again. Springtime registration for AYSO is rapidly approaching. Registration will be held at the Hickam BXTRA on the 1st and 15th of November as well as December 6. Registration cost is \$45 for returning players and \$55 for new players. If this is your first time registering in region #188, please bring proof of date of birth. Please visit our website: www.aysoregion188.org or call the registrar, Lisa Womak at 422-8083. We'd like to see a big turn out from the Red Hill youth.

Mahalo,

Steve Tucker

Membership Meeting

Our November meeting will be at **Boutiki** this month. Please try and come. Boutiki has all of their holiday items out and you can find some unique gifts for those hard to buy for people. The meeting will be held **Wednesday November 12 at 7 PM**. The meeting itself should not be too long and we will have refreshments. Boutiki will be staying open late just for us so please join us. Don't forget your discount cards you received from the Welcome Tea. Boutiki is a non-profit organization so please come and support them. You can find directions on the back page of the newsletter. Hope to see you there!

Game Night

Do you like to play games? Can't find anyone to play with you? Join us for Game Night at the **Red Hill Community Center Sat. Nov. 29th at 7:30**. We'll have the usual: *Pictionary*, *Guesstures*, and *Taboo*. If you have a fun group game, bring it along. We will have light pupus and soda. If you would like anything stronger, feel free to bring it with you. Spouses are welcome to come too. Please RSVP to **Mary Claire Rinoski at 833-1838** by Thanksgiving Day to let us know you are coming.

Fisher House

A big Mahalo goes out to the ladies who cooked our October meal: **Takako Dolan, Amanda Price, Marisa Burow and Annie Sullivan**. Your help is most appreciated! The chefs for November are as follows: **Bread-Jill Smialek, Main Course-Peg Hamacher, Cooked Salad/Baked Vegetable-Jo Keith, Cooked Vegetable-Annette Diehl and Dessert-Christine Williamson**. Don't worry, I'll be calling to remind you one week before!

Sadly, I have to say farewell to my assistant and close friend, **Maureen Shivery**. She and her family are moving to Sacramento and we will miss them very much. Thank you, Maureen for all of your help over the past few months. Aloha.

Now, I want to introduce my new co-chair, **Mrs. Marci Curtis**! Marci moved here this past summer and she has already volunteered to help coordinate Fisher House meals! She has some great new ideas and lots of enthusiasm, so I am really excited to have her! Welcome Marci!

If you have any questions concerning Fisher House, please don't hesitate to call me, **Melissa, at 834-7616 or Marci at 834-7997**.

Mahalo!

Melissa Hartnett

Book Club

The book club met October 15th and discussed *The Dive from Clausen's Pier* by Ann Packer. The main character, Carrie, leaves her hometown of Madison, Wisconsin, after her fiancé is paralyzed in a diving accident. The relationship had been in trouble before the fateful incident, and Carrie feels conflicted about her role in her fiancé's life. She moves to New York City, making new friends and starting a new romance while sorting out her feelings. While many of us would recommend this book, others wouldn't, but everyone had to agree, this story made for a great discussion!

Our next selection is the humorous novel, *I Don't Know How She Does It: The Life of Kate Reddy, Working Mother* by Allison Pearson. It has been called a cross between The Nanny Diaries and Bridget Jones' Diary and should be another good one for a great discussion. Our meeting will be on Wednesday, November 19th, at 7:00p.m. As always, anyone is welcome, so pick up a copy of the book and join us! For more information, contact the Book Club chair, Tricia Boston, at 834-5753.

Coasties Closet

Thanks to the **Canavans - Laura and Gerry** for their generous contribution and installation of shelves for our clothes. Mahalo to all of you who answered our call for hangers - keep them coming! Spread the word to your fellow spouses the closet is becoming well stocked with a large variety of items for our junior enlisted families - all free of charge. Thanks to **Susan Waters** for keeping the donations organized and to **Tricia Boston** for her help in hanging clothing items on our newly installed shelves.

A special thanks to so many of the CGSA members and others in the CG community for their generous donations of such good quality items. We now have a large variety of items in excellent condition.

The Coastie's Closet is open during MWR ITT ticket hours at the Red Hill Community Center: Mon, Wed, Fri from 8 am to 1 pm. Call **Lori at 831-2751** or **Susan Waters at 833-3473** for more information or to donate items.

Any ideas for a Teen Holiday Activity? Please contact Lori Ulsh at 831-2751.

Pacific Rim Conference on Learning Disabilities

Who: Coast Guard families who have a family member with a disability; **Theme:** Promises to Keep, Futures to Seek;

When: March 29-30, 2004; **Where:** Sheraton Waikiki Hotel, Honolulu;

Why: To meet and learn from families and professionals discussing issues important to people with disabilities;

How: The Coast Guard Spouses' Association will provide a scholarship for you to attend free of charge. Applications will be accepted through **December 15, 2003**. Scholarships will be awarded on a first come, first serve basis. For more information about the conference go the following website: www.pacrim.hawaii.edu or contact Sibel Mestanova at 956-5352. To apply, contact **Mary Mansfield**, the Family Resource Specialist, at 541-1584 or MMansfield@D14.uscg.mil.

Holiday Craft and Home Based Business Expo

It's that time again, ladies. The Holiday Craft and Home-based Business Expo will be held at the Red Hill Community Center on Saturday, **November 8th** from noon to 4PM. This is a great opportunity to highlight your home-based businesses and network with prospective clients. Contact **Tedi Toyllens** at 836-2021 if you are interested in reserving a table on a first come, first serve basis.

Children's Holiday Party

The holiday season is fast approaching and on **Saturday December 13** it will be time for the **Children's Holiday Party**. The party will be held at the **Red Hill Community from 1-4 PM**. Santa always has a special gift for all the boys and girls who attend, so Santa needs a list of everyone who will be there. Watch for sign up dates later this month. This party is a special treat for the kids and parents who attend. You won't want to miss it!

CG Ball

We are pleased to announce the 2004 Coast Guard ball will be held at the Royal Hawaiian Hotel in Waikiki. So mark your calendars for February 21, 2004!! Cocktail hour will begin at 5pm.

Tickets for the ball will go on sale in December. One 5x7 photo per couple is included in the ticket price. (The ticket price is the same with or without a photo.) Ticket prices vary and will be posted at a later date. Tickets that are purchased in December will enter a drawing in January for a free suite at the Royal Hawaiian for the night of the ball.

Please participate in the upcoming fundraisers to help support the ball and to keep the price of the tickets affordable. Because it was a big hit last year, the first fundraiser will be **Spaghetti Night** on **November 14**. To make it more convenient, it will be held at the **Red Hill Community Center** from 5-8 PM. Details are not firm, so watch for our flyers.

We have developed an email address for questions, comments, or suggestions.
CGBall2004@hawaii.rr.com

Please visit our website (it's in the making so please be patient).

Annie Sullivan www.cgball2004.com

Hiking Club

On 15 October, nine CGSA "pioneers" set out to the Pali Lookout for the maiden hike of our newly created hiking club. The gray skies and intermittent downpours early that morning did not deter or dampen our spirits as we prepared for our "exercise with a view." As it turned out, the gods of Hawaii were smiling down on us! We were greeted with a picture-perfect vista of the windward side and a gentle breeze upon arriving at the Pali Lookout. Yellow ginger flowers along our path perfumed the air and the surrounding colors were made more brilliant from the early morning rain. We chatted in companionship on our descent and paused often to search for guavas and snap pictures of each other with the awe-inspiring view as our backdrop. The adventure really began when we climbed down some rickety stairs and crawled under the Kailua-bound lanes of the new Pali Hwy. After this, it was a true "walk in paradise" as we navigated up and down red dirt switchbacks amidst tangle vines, thimble berries, and red and yellow ginger plants, all the while protected from the hot Hawaiian sun by large mango, guava, avocado and kukui nut trees. Once in a while, the path would open up to afford a view of the verdant valley below and the crystal blue ocean beyond. Even the dreaded mosquitoes kept their distance for the day. Perhaps they were scared away from a large moving mass reeking of insect repellent and loud enough to get the attention of construction workers toiling on the new Pali high above. We slipped and slid, we laughed and joked, we labored for breath, asked tons of questions about tropical fauna and flora to which none of us had the answer for! We reached the waterfall in high spirits and, after a brief respite, began our hike back up the Old Pali. The ladies were troopers as we traversed an elevation gain of 600 feet. We rested briefly under the Honolulu bound lanes of the new Pali to admire our mud splattered shoes and calves...testament of our hard won trek. It was there that the idea of rewarding ourselves materialized. We got back up and completed our hike up hill in record time. We piled into our cars and zoomed down to Liliha Bakery, where we marched in barefooted and treated ourselves to heavenly chocolate cream puffs topped with chantilly icing. As we hopped into our cars and headed back to Red Hill in time to pick up the kids from early closing...the rain began again in earnest. Lucky we live Hawaii! For those who missed our first adventure...come along on our **next hike in Waimanalo on Thursday, November 13th**. You will be so glad that you came!

Le-Thu Lodge

Man of LaMancha

Army Community Theatre is performing *Man of LaMancha* at Richardson Theatre on Fort Shafter opening Thursday November 13 and continuing Friday and Saturday nights through November 29. Curtain is at 7:30 PM and costs \$14 and \$17 for adults and \$10 and \$8 for children. This one is special because it is starring my coastie husband, **Bryan Bender** in the lead role of Don Quixote. The box office is open 10AM-2PM M-F or you can call the box office for tickets at 438-4480.

New Award Recognizes Military Spouses

Proctor and Gamble Military Markets last week announced a new annual American Military Spouse Award. The award recognizes spouses for their volunteer service, selfless giving to others in the community and their strength during deployments, separations and frequent moves. Four recipients will be chosen from the following different categories:

Spouse of an active duty member

Spouse of a Guard of Reserve member

Spouse of a veteran (served less than 20 years)

Spouse of a Retiree (served more than 20 years)

The award presentation will part of The 9th Annual Veterans Awards that will premiere on The History Channel in February 2004. Information and nomination forms are available at local commissaries or at www.militaryshoppers.com.